

2018 CEC Workshop

Course: The Lyne Methodology: Simplifying Alignment Screenings and Solutions
(Segmentation/Articulation)

Presented by: Mary Anne Snavely, President

Date: Thursday, September 27, 2018, 8:30 am – 3:30 pm

Price: \$200

ACE Credits: 0.70

Course Summary

Are you struggling with recognizing structural misalignments when working with clients or with providing corrective options? The Lyne Methodology, an effective, unique, and common-sense training approach will help you improve your alignment screening skills and corrective exercise options utilizing movement techniques for common postural misalignments and biomechanical issues.

Course Description

Mary Anne Snavely, creator of the Lyne Methodology, will share her common-sense methods for posture and alignment screenings and then teach ways to use basic movement to gain muscular skeletal change. This course will focus on how to use segmentation to improve muscle imbalances that have led to spinal alignment change and pelvic rotations, drops and tilts. In this course, you will gain a deeper understanding of the importance of functional anatomy as a corrective tool and how neutral spine, neutral pelvis and normal range of motion at the hip joint are at the root of improved movement patterns and normal pelvic floor muscle tone. Mary Anne's methods are easy to implement and improve a trainers' confidence in performing effective spine and pelvis alignment screenings and providing corrective exercise options.

Course Objectives

1. Recognize skeletal imbalances and learn how to utilize segmentation/articulation to address biomechanical deficiencies to improve skeletal and joint integrity and strength.
2. Recognize skeletal imbalances and select corrective exercises and techniques to improve pelvic mobility, stability and normal range of motion in the hips and lumbo-pelvic region.
3. Recognize skeletal imbalances and learn select techniques to improve protraction/retraction, elevation/depression and range of motion at the shoulder to improve optimal range of motion as it relates to neutral spine and neutral pelvis.